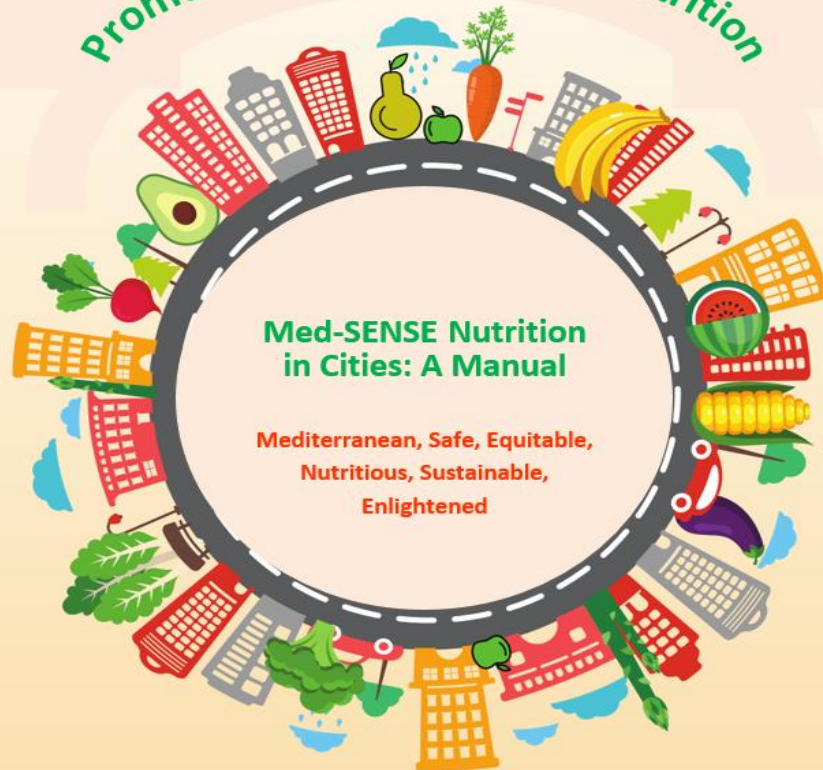


# A City promoting healthy nutrition – a manual for cities promoting Med-SENSE Nutrition

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## Promoting Healthy Urban Nutrition



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## Promoting Healthy Urban Nutrition

Med-SENSE Nutrition in cities: A manual



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## **The approach and strategies are based on:**

- A previous publication issued by the Israeli Healthy Cities Network "A Manual for Active Cities"
- Relevant World Health Organization publications
- "The Milan Urban Food Policy Pact"
- The experience of the manual's steering committee and team members.

# Promoting Med-SENSE nutrition in a city

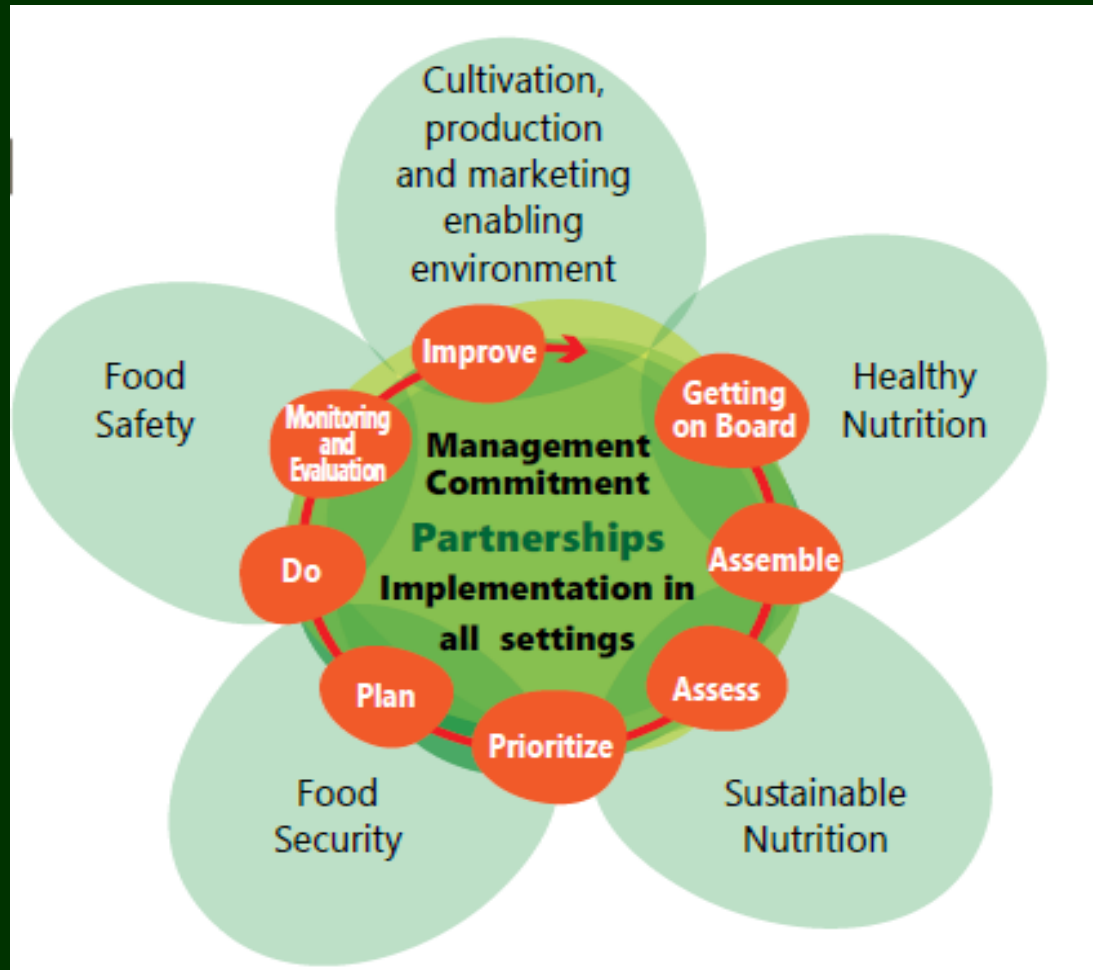
## - Definition

- An authority that adopts a policy of healthy, safe, equitable and sustainable nutrition and acts towards its implementation.
- The authority commits to acting towards assuring Food Security, encouraging consumption of food in accordance with Mediterranean Nutrition principles, locally produced; arranging for the local preparation and marketing of food and supervising the composition, quality and safety of food served in all its settings.



# What's in the Manual?

- Guidelines for creating an urban culture that encourages and enables Med-SENSE nutrition.
- Principles and strategies for implementation
- Examples of successful implementations
- Scientific background and expert recommendations



Inspired by the "Milan-Urban-Food-Policy-Pact" and is based on the WHO model of Healthy Workplaces [18].

## A three-stage process

- Getting on board: establishing commitment and jumpstarting the process
- Preparing a plan and setting success measurements and performance indicators.
- Implementation and evaluation.



# Getting on board

- » **Establishing commitment – adopting a comprehensive policy through:**
  - » The Mayor/ Authority head
  - » City Council assembly
  - » Institutions and organizations
- » **Establishing a Steering Committee:**
  - » Chairperson – Mayor/ Authority head or their representative
  - » Representatives from various bodies
- » **Appointing a leading team**
- » **Building a vision**
- » **Mapping needs and the current situation**
- » **SWOT analysis of policy implementation**

# Mapping needs and the current situation

Respective of the evaluation format – gathering information on:

- Food provision **policy** and guidelines in municipal institutions,
- **Supportive environments** – community and edible gardens, agriculture areas in the neighborhoods, restaurants providing information concerning the food composition,
- **Programmes** designed to increase public awareness to Med-SENSE Nutrition
- **Eating habits**, residents' behaviors and desires